

in Cumbria **Every Child Matters**

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A new year and changes ahead



I recently took over the support function for the Cumbria Children and Young People's

Strategic Partnership (CYPSP) from Paul Boyce and I wanted to take the opportunity of this first newsletter of 2005 to share my perspective on the changes that are going on at the moment.

I have been helping Paul support the CYPSP for some 14 months and I am looking forward to working with various organisations, individuals and agencies to make sure that people have the latest information available as they make important decisions.

We may talk a lot about devising organisations and policies in the coming months but the needs of children and young people have to be met. Changes will only have been for the better if we are successful in helping more children and young people to be healthy, to stay safe, to make positive contributions and to achieve more.

There are many very talented individuals working with children and young people in Cumbria and, if what they are doing works and stands up to evaluation, then we should do everything we can to share good practice across organisations and agencies. That is one of the purposes of this newsletter – helping you to find out what is happening and also who is doing what and how you can find out more.

I hope that this first issue of the year is useful for you and please pass it on to others – it is also available online at www.cumbria.gov.uk. Any member of the CYPSP or the editor, Mike Blakey would welcome your feedback, ideas and comments.

Best regards

Ged Campion, Prevention and Family Support Services
Manager for Cumbria



Children's Trusts – Vision to Reality

Almost 100 people gathered at Newton Rigg on 7 December to participate in a consultation workshop on the future of children's services in Cumbria. Here are some comments made during the day:

"It's important to hear our views because adults don't always understand things from our point of view."

Steve, Junior Youth Inclusion Programme (from the video shown at the start of the workshop)

"Partnership is the key. There's a great deal happening already and a lot of good practice, learning and sharing. What we now need to do is to join up all that energy and enthusiasm in a shared framework."

Peter Stybelski, Chief Executive, Cumbria County Council

"We need to tackle the things that need changing and build on the things that aren't broken."

Siân Rees, Connexions Cumbria

"Joining up children's services is a bit like a zip on a pair of trousers – it must be joined up all the way, from top to bottom and if one bit isn't joined up properly then the whole thing could come apart."

Paul Ennals, National Children's Bureau

“This was an inspiring and energising day. The level of agreement from all partners was really gratifying and bodes well for future collaboration. We are all keen to begin to make real progress to make sure that children and young people in Cumbria get the best possible start in life.”

Victoria Ashfield, Corporate Director - Education

“The changes are inspiring and there is a lot to get excited about but it is also complicated and there are so many people involved. We need to cut through the complexity and make it manageable.”

Eleanor Hodgson, West Cumbria PCT

“When families want help or services, they don't really care about the name of the organisation that delivers them, they just want good support”

Lynne Sneap, Carlisle CVS

“When children take their first steps, they often stumble and fall but soon start to walk, even run. It feels as if we, like a child, have started to walk. Our focus must change - all children must now be at the heart of future developments and we should no longer focus exclusively on vulnerable children.”

Stephen Wilds, Corporate Director - Social Services

“The openness to change and the personalities involved will make the difference. The Council should drive this change process with everyone else on board.”

Joyce Hawthorn, NCH

“We need to be practical and address the fundamentals of buildings, funding and points of contact. There also has to be an obvious and continued commitment at the top to working together at the sharp end.”

Elspeth Alexander, North Cumbria PCTs

Decisions, Recommendations and Next Steps

The Engine Room

Cumbria County Council will facilitate the creation of a dedicated Core Team (referred to as the Engine Room during the workshop) to drive the children's trust agenda forward and to make things happen. This team will include representatives from the NHS, other statutory agencies and members of the CYPSP and other organisations and it will develop practical partnerships and approaches for joint working.

Leadership and Champions

Participants recognised the need for champions and clear leadership across a huge range of organisations.

Nomination of secondees or other members for the Core Team will contribute to this process but there then needs to be clear and effective communication within organisations and across existing boundaries to make sure that everyone's voices are heard, their concerns are addressed and the new approaches are adopted and owned by everyone involved.

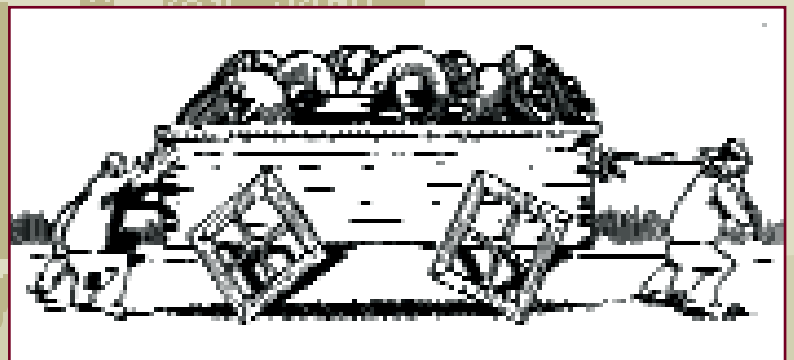
CYPSP Work Plan

The recently-agreed CYPSP Work Plan identifies four aims as Cumbria moves towards a Children's Trust approach:

- More effective partnership working
- Involving children, young people and families in developing and improving services
- Increasing multi-agency service delivery
- Developing coherent preventative services for children and young people.

It was agreed that this Work Plan should be more broadly distributed for consultation and ownership and this is already in progress.

It was also agreed that the Work Plan needed some sort of risk assessment attached, indicating potential problems and barriers and how these would be addressed. This assessment will be made and an approach to self-assessment and evaluation of progress will also be included.



“We have the leadership we need and the support from everyone on the team but, with square wheels, we are in for a bumpy ride. The great thing is that we already have round wheels on board – we just need to get them out and use them.”

Mary Sloan, Morecambe Bay PCT

A fuller report on the workshop by the Facilitator, Judith Brown of Porter Brown Associates, will be available soon. For further information, contact any member of CYPSP or check online at Every Child Matters on www.cumbria.gov.uk.

Be Healthy – the first Outcome for Every Child Matters

In Issue 3 the overall Outcomes Framework was included for reference but only as far as Outcomes, Aims and Support levels. This and future issues will look in more detail at each Outcome, covering the targets and indicators as well as the likely inspection criteria.

Outcome Be Healthy				
Aims				
Physically healthy	Mentally and emotionally healthy	Sexually healthy	Healthy lifestyles	Choose not to take illegal drugs
Support Parents, carers and families promote healthy choices				
Priority national targets and other indicators				
Infant mortality rate	Death rate from suicide and undetermined injury	U18 conception rate	Average alcohol consumption	Harm caused by illegal drugs has 3 components including
% Obese U11	Improvement in access to Child and Adolescent Mental Health Services	Diagnostic rate of new episodes of sexually transmitted infections among U16 and 16-19	% Children who are regular smokers % Children consuming 5 portions of fruit and veg a day	reduce use of Class a drugs by U25s
Inspection criteria (subject to consultation via Ofsted from 6 December)				
1. Parents are helped to ensure their children are healthy	2. Healthy lifestyles are promoted to children and young people	3. Action is taken to minimise environmental health risks for children and young people	4. Children and young people's health needs are identified and assessed at an early stage	5. Children and young people's physical health is supported
6. Children and young people's mental health is supported	7. Children and young people who are looked after are helped to be healthy	8. Children and young people with learning difficulties and disabilities are helped to be healthy		

The National Service Framework for Children, Young People and Maternity Services

This document, already frequently referred to as the NSF, sets out a ten-year programme to 2014 for improving health and support for children, young people and their families based upon national standards. It sets out eleven standards for health and social care and each one has a related vision, markers of good practice, rationale and interventions:

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| 1. Promoting health and wellbeing, identifying need and intervening early | 4. Growing up into adulthood | and those with complex health needs |
| 2. Supporting parents and carers | 5. Safeguarding and promoting the welfare of children and young people | 9. Mental health and psychological wellbeing of children and young people |
| 3. Children, young people and family-centred services | 6. Children and young people who are ill | 10. Medicine management for children |
| | 7. Children in hospital | 11. Maternity services |
| | 8. Disabled children and young people | |

A useful summary of the Standards can be found on www.ten.info in Policy Briefings, Children and Young People. In addition, a document entitled The NSF: Supporting Local Delivery was launched in Birmingham on 15 December at a joint DfES and DH conference and can be found at www.everychildmatters.gov.uk.

“We should create genuinely integrated services, not around organisational structures or within professional boundaries. The NSF is key to the ‘Be Healthy’ outcome.”

Dr Stephen Ladyman, Parliamentary Under Secretary of State for Community

“The NSF is an important part of the government’s Change for Children programme. The standards need to be jointly owned across child-centred organisations, including Education and Social Services, and the challenge will be to ensure that there are effective mechanisms within the county to support their implementation.”

Paul Boyce, Senior Joint Commissioner for Children’s Services in Cumbria County Council and the North Cumbria Primary Care Trusts



Health in action

Morecambe Bay PCT – Young People’s Health Directorate

The Young People’s Health Directorate was set up in 2004, with Anne Ridgway appointed as Director in July, as part of a broader reorganisation of Morecambe Bay Primary Care Trust (PCT). The services in the Directorate include health visiting and speech and language therapy, mental health services (CAMHS) and physiotherapy, health staff at the Youth Offending Team and Straightline and the Directorate is also the accountable body for Barrow Sure Start.

“It made sense to have all the staff working with the 70 000 or so children and young people in our area in the same Directorate,” explains Anne. “The Government agenda for children’s services is large and fast-moving and we can now work coherently on this agenda, raising the profile of children and young people and the staff who work with them and also working more effectively with partners.”

The management team will consist of a joint partnership post between Cumbria Social Services and Health, a Head of CAMHS (Andrew Simpson, appointed in November), a Head of Lancaster Services and a Safeguarding Team, led by Anne Kopcke.

Anne Ridgway says: “It is early days and the usual problems of tight budgets and poor accommodation are still there. However, the seedlings of success are emerging: joint work between health visitors and social services staff in South Cumbria has started; a joined up approach has enabled us to secure a community hearing screening programme so there can be a Cumbria-wide model for neo-natal hearing screening; and we have high hopes that barriers to joined up working with colleagues elsewhere in Cumbria and Lancashire will disappear in the next few years, resulting in improved outcomes for children in the Morecambe Bay area.”



In Cumbria *Every Child Matters* is published each month by the Cumbria Children and Young People’s Strategic Partnership, a multi-agency group with representatives from both voluntary and statutory organisations covering health, education, social care and all aspects of work with children and young people in Cumbria. It is also available online via

the Cumbria County Council website at www.cumbriacc.gov.uk. Ideas for future issues, requests for further information and comments should be addressed to the Editor, Michael Blakey, Project Officer – Children’s Services on 01228 601192 or via michael.blakey@cumbriacc.gov.uk. January 2005

Howgill Family Centre – healthy outcomes from family support

Recent work done by Cumbria Children’s Fund to explore young people’s priorities for service development and funding showed a clear priority for family support – “helping with the things that worry children, parents and carers, including parental illness and worry about not coping”, to use the young people’s own definition.

A health project based at Howgill Family Centre has been focusing on families, particularly mothers with mental health issues such as post natal depression, and is

already seeing positive outcomes for children.

“Shirley Rowlands, the Sure Start Whitehaven community psychiatric nurse, and Kay Cartmel, the Sure Start Whitehaven health visitor, have been using their own intensive training in how to use screening tools for new mums and cascading this to other agencies,” explains Ann Chambers of the Howgill Family Centre. “So far they have trained more than 60 practitioners from across various agencies, and over 500 expectant

or new mums have been screened in the past year. Through this screening process we’ve also developed an effective pathway to offer appropriate support services to those new mums with a need.”

Ann concludes: *“We know from research that good bonding with mum can affect a child’s mental and emotional health so we’re addressing any issues at source and investing in children’s health longer term.”*